

**SECTION:** CERTIFICATION

**SUBJECT:** Eligibility Requirement

**ITEM:** *Infants/Children: Dietary*



**Policy** Participants determined eligible for program benefits based on a dietary risk shall meet one or more of the criteria listed below. Refer to WPM Section 230-10 for information regarding the priority ranks.

**Basis for policy** CFR 246.7 (e)

**Indicators of need for infants/children** All indicators of nutritional need apply to infants and/or children.

**Dietary intake criteria** Table 1 includes the dietary intake criteria to assess indicators of nutritional need for infants and children. The priority levels are indicated for infants and children, and the ISIS code and corresponding USDA risk code is provided in the far left column for reference. Please see the USDA “WIC” Policy Memorandum 98-9, WIC Nutrition Risk Criteria” for more detail regarding the USDA risk codes.

**TABLE 1**

ISIS CODE AND (USDA CODE)	RISK CONDITION/INDICATOR OF NUTRITIONAL NEED	PRIORITY FOR INFANTS	PRIORITY FOR CHILDREN
<b>D10</b>  (401, 422)	<b>Low Intake</b> (typical daily intake of less than the minimum number of servings from one or more of the food groups)	N/A	V
<b>D11</b>  (401, 422)	<b>Low Vitamin A</b> (typical daily intake of less than one serving per day as specified in State nutrition education material; see Table 2 for vitamin A rich foods)	N/A	V



ISIS CODE AND (USDA CODE)	RISK CONDITION/INDICATOR OF NUTRITIONAL NEED	PRIORITY FOR INFANTS	PRIORITY FOR CHILDREN
<b>D12</b> (401, 422)	<b>Low Vitamin C</b> ( typical daily intake of less than one serving per day as specified in State nutrition education material; see Table 3 for vitamin C rich food)	N/A	V
<b>D13</b> (401, 422)	<b>Low Fruit/Vegetables</b> ( typical daily intake of less than the minimum number of servings)	N/A	V
<b>D14</b> (401, 422)	<b>Low/Breads/Grains/ Cereals</b> (typical daily intake of less than the minimum number of servings)	N/A	V
<b>D15</b> (401, 422)	<b>Low Milk</b> (typical daily intake of less than the minimum number of servings)	N/A	V
<b>D16</b> (401, 422)	<b>Low Protein</b> (typical daily intake of less than the minimum number of servings)	N/A	V
<b>D18</b> (401, 422)	<b>Low Fluid</b> (as determined by local agency nutritionist/registered dietitian)	N/A	V
<b>D19</b> (401, 422)	<b>Low Fiber</b> (as determined by local agency nutritionist/registered dietitian)	N/A	V
<b>D20</b> (401, 422)	<b>Low Iron</b> (as determined by local agency nutritionist/registered dietitian)	N/A	V



ISIS CODE AND (USDA CODE)	RISK CONDITION/INDICATOR OF NUTRITIONAL NEED	PRIORITY FOR INFANTS	PRIORITY FOR CHILDREN
<b>D90</b>  (401)	<b>High Sugar Intake</b> (as determined by local agency nutritionist/registered dietitian)	N/A	V ≥ 2 years
<b>D91</b>  (401)	<b>High Fat Intake</b> (as determined by local agency nutritionist/registered dietitian)	N/A	V ≥ 2 years
<b>D92</b>  (401)	<b>High Sodium/Salt</b> (as determined by local agency nutritionist/registered dietitian)	N/A	V ≥ 2 years
<b>D95</b>  (411, 425)	<b>Inappropriate Feeding Practices:</b>  *Infants (routine use of): <ul style="list-style-type: none"> <li>• feeding goat's milk, sheep's milk, imitation milks, or substitute milks in place of breast milk or FDA-approved infant formula during the first year of life,</li> <li>• not using a spoon to introduce and feed early solids,</li> <li>• infant not beginning to finger feed by 7-9 months,</li> <li>• feeding solids in a bottle (including enlarging the nipple to accommodate thickened liquids),</li> <li>• using a syringe-action nipple feeder,</li> <li>• feeding foods of inappropriate consistency, size or shape that put the infant at risk of choking,</li> </ul>	IV	V



ISIS CODE AND (USDA CODE)	RISK CONDITION/INDICATOR OF NUTRITIONAL NEED	PRIORITY FOR INFANTS	PRIORITY FOR CHILDREN
<b>D95</b> (continued)	<ul style="list-style-type: none"> <li>• inappropriate, infrequent or highly restrictive feeding schedules or forcing an infant to eat a certain type and/or amount of food,</li> <li>• feeding any amount of honey to infant under 1 year of age (added to liquids or solid foods, used in cooking, as part of processed foods, on a pacifier, etc.).</li> </ul> <p>*Children (routine consumption or feeding of):</p> <ul style="list-style-type: none"> <li>• 12 or more ounces of fruit juice/d,</li> <li>• non-fat or reduced-fat milks as primary milk source between 12 and 24 months of age,</li> <li>• foods low in essential nutrients and high in calories that replace age-appropriate nutrient dense foods needed for growth and development between 12 and 24 months of age,</li> <li>• foods of inappropriate consistency, size, or shape that put children less than 4 years of age at risk of choking.</li> </ul> <p>*Children (routine use of any of the following inappropriate feeding practices):</p> <ul style="list-style-type: none"> <li>• Forcing a child to eat a certain type and/or amount of food,</li> <li>• ignoring a child's requests for appropriate foods,</li> <li>• restricting a child's ability to consume nutritious meals at an appropriate frequency per day,</li> </ul>		



ISIS CODE AND (USDA CODE)	RISK CONDITION/INDICATOR OF NUTRITIONAL NEED	PRIORITY FOR INFANTS	PRIORITY FOR CHILDREN
<b>D95</b> (continued)	<ul style="list-style-type: none"> <li>not supporting a child's need for growing independence with self feeding (e.g., spoon-feeding a child who is able and ready to finger-feed and/or try self-feeding with appropriate utensils),</li> <li>feeding or offering a child primarily pureed or liquid food when the child is ready and capable of eating foods of an appropriate texture.</li> </ul>		
<b>D96</b> (419)	<b>Inappropriate Use of Baby Bottles</b> (e.g., routine use of bottle to feed liquids other than breast milk, formula, or water; use of bottle for feeding or drinking beyond 14 months of age)	IV	V
<b>D97</b> (412)	<b>Early Introduction to Solids into Daily Diet:</b> before 4 months of age	IV	N/A
<b>D98</b> (411)	<b>Delay Solids:</b> failure to introduce by 7 months of age	IV	N/A
<b>D100</b> (402, 403)	<b>Vegan Diets:</b> consumption of plant origin foods only , and eating not animal products, and avoidance of foods made with animal ingredients. <b>Highly Restrictive Diets:</b> diets low in calories, severely limit intake of important food sources of nutrients, or otherwise involve high-risk eating patterns	IV	V



ISIS CODE AND (USDA CODE)	RISK CONDITION/INDICATOR OF NUTRITIONAL NEED	PRIORITY FOR INFANTS	PRIORITY FOR CHILDREN
<b>D101</b>  (411)	<b>Inadequate Formula or Breastmilk:</b> infant routinely not fed infant formula or breastmilk as a primary source of nutrients during the first 6 months of life (e.g., infants prescribed low iron formula without iron supplementation)	IV	N/A
<b>D102</b>  (414)	<b>No Routine Age-Appropriate Source of Iron After 4-6 Months of Age</b>	IV	N/A
<b>D103</b>  (415)	<b>Improper Dilution of Formula:</b> routine overdilution or underdilution of formula; failure to follow manufacturer's dilution instructions accompanying a prescription	IV	N/A
<b>D104</b>  (416)	<b>Feeding Other Foods Low in Essential Nutrients:</b> routinely consuming foods low in essential nutrients and high in calories, or caffeine-containing foods or beverages that replace or are in addition to age-appropriate nutrient dense foods needed for growth and development	IV	N/A
<b>D105</b>  (417)	<b>Lack of Sanitation in Preparation, Handling and Storage of Formula or Expressed Breastmilk:</b> limited knowledge or access to facilities to assure that water, bottles, and nipples used for feeding infants have been properly sanitized	IV	N/A



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ISIS CODE AND (USDA CODE)	RISK CONDITION/INDICATOR OF NUTRITIONAL NEED	PRIORITY FOR INFANTS	PRIORITY FOR CHILDREN
<b>D105</b> (cont.)	<ul style="list-style-type: none"><li>• no access to safe water supply or stove for sanitation,</li><li>• failure to practice appropriate sanitation techniques in preparing bottles, and</li><li>• failure to properly handle prepared formula.</li></ul>		
<b>D107</b> (413)	<b>Feeding Cow's Milk as the Primary Source of Milk in First 12 Months</b>	IV	N/A

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**Minimum  
number of  
servings for  
children**

The local agency shall use nutrition education materials that are consistent with the State approved nutrition education materials. The number of recommended servings and portion sizes for each food group should reflect the number of servings provided by the State WIC Branch nutrition education materials. Dietary risk/indicator of nutrition need shall be determined upon the minimum number of servings and minimum portion size as stated in current nutrition education materials for pregnant women, postpartum women and children ages 1-5.

**Vitamin A  
rich foods**

Table 2 includes a listing of vitamin A rich foods.

**TABLE 2**

<b>Fruit</b>	<b>Juice</b>	<b>Vegetables</b>
Apricots Cantaloupe Mango Papaya	Apricot nectar Vegetable juice cocktail	Bok choy Beet greens Carrots Chard, Swiss Collards Dandelion greens Kale Mustard greens Parsley Peppers: hot, chili Pumpkin Onions, green Spinach Squash, winter Sweet potato Tomatoes, red Yams



## Vitamin C rich foods

Table 3 includes a listing of vitamin C rich foods.

**TABLE 3**

<b>Fruit</b>	<b>Juice</b>	<b>Vegetables</b>
Cantaloupe Grapefruit Guava Kiwi Lemon Mango Orange Papaya Strawberries Tangerine	Orange Grapefruit Lemon Fruit juices enriched with vitamin C Tomato juice Vegetable juice cocktail	Broccoli Brussel sprouts Cabbage Cauliflower Peppers: hot, chili Peppers: sweet Snow peas Tomatoes: green, red Tomato paste Tomato puree